



# GrowSmart EPSDT Health Promotion: January 2026

January is Lead Awareness Month. Start the year by making sure your child has been tested for lead. Lead poisoning is preventable, but its effects can last a lifetime.

## What Is Lead And Why Is It Bad For Kids?

Lead is a harmful metal. It can hurt your child's brain and body. Kids under 6 are most at risk because they often put things in their mouths. Lead can be found in old paint, dirty soil, water from old pipes, and some toys. Signs of lead poisoning: learning problems, tiredness, stomach pain, and slow growth.

## What Do Doctors Recommend?

CDC says kids should get lead tests at 12 and 24 months. Doctors use a finger-prick test first. If lead is found, they do another test. Even small amounts of lead can be harmful. Eating foods with iron and calcium helps protect against lead.

## Why Well Child Visits Matter

These visits help doctors check your child's growth and health. They include lead tests, advice on eating healthy, and tips to keep your home safe. If your child doesn't have a doctor, we can help you find one.

## Tips For Families

- Clean up peeling paint and dust
- Use cold water for cooking and drinking
- Wash hands and toys often
- Clean floors and windowsills
- Eat healthy foods with iron, calcium, and vitamin C
- Regular meals help block lead

## Stay Involved In Your Child's Health

- Schedule Well Child Visits
- Get lead tests on time
- Keep your home lead-safe
- Watch for signs of slow growth or learning problems

## Lead Screening Timeline

Age	Key Actions
12 mo.	First lead test
24 mo.	Second lead test
6 mo. to 6 yr.	Keep checking for risks
Every year	Keep your home safe and healthy

Questions? Call your care manager for more details.

Member & Recipient Services: 1-877-685-2415